



Colorado Springs
Orthopaedic Group

Well Beyond.

Craig A. Yager, M.D.
Postoperative Instructions

Name:
Diagnosis:

Date of Birth:
Date of Surgery:

Activity

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Non-weight bearing | <input type="checkbox"/> Crutches |
| <input type="checkbox"/> Partial weight bearing | <input type="checkbox"/> Sling |
| <input type="checkbox"/> Weight bearing as tolerated | <input type="checkbox"/> Brace |
| <input type="checkbox"/> Other: | |

Dressings

- Keep dressings clean and dry
- May remove dressing after 2-3 days and shower
- Leave dressing in place until next appointment
- Other:

Medications

- | | |
|--|--|
| <input type="checkbox"/> Norco 5mg/325mg | <input type="checkbox"/> Percocet 5mg/325mg |
| <input type="checkbox"/> Tylenol #3 | <input type="checkbox"/> Ondansetron 4mg |
| <input type="checkbox"/> Aspirin 325mg x 30 days | <input type="checkbox"/> Pain medication sent electronically |
| <input type="checkbox"/> Other: | |

Care Instructions

- Elevate extremity to prevent excessive swelling
- Ice as needed for comfort and swelling, use 20 minutes per hour for first 2-3 days
- TED hose on bilateral lower extremities until follow up, may remove to shower

Restrictions

- No heavy exercise, tub baths, swimming, sun exposure, sports
- Keep wounds dry, do not use any creams or ointments unless otherwise directed
- Do NOT consume alcohol while using narcotics
- Do NOT drive while using narcotics

Follow-up

- Return to office for follow up on:

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.

Craig A. Yager, M.D.

Patient's Signature